

Nutritional Supplement

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Valine - 3199 mg  
Leucine - 262 mg  
Isoleucine - 161 mg

Valine - 560 mg  
Leucine - 815 mg  
Isoleucine - 505 mg

Nutritional Supplement

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Nutritional

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Valine - 3199 mg

Leucine - 262 mg

Isoleucine - 361 mg

Valine - 3290 mg

Leucine - 3930 mg

Isoleucine - 3390 mg

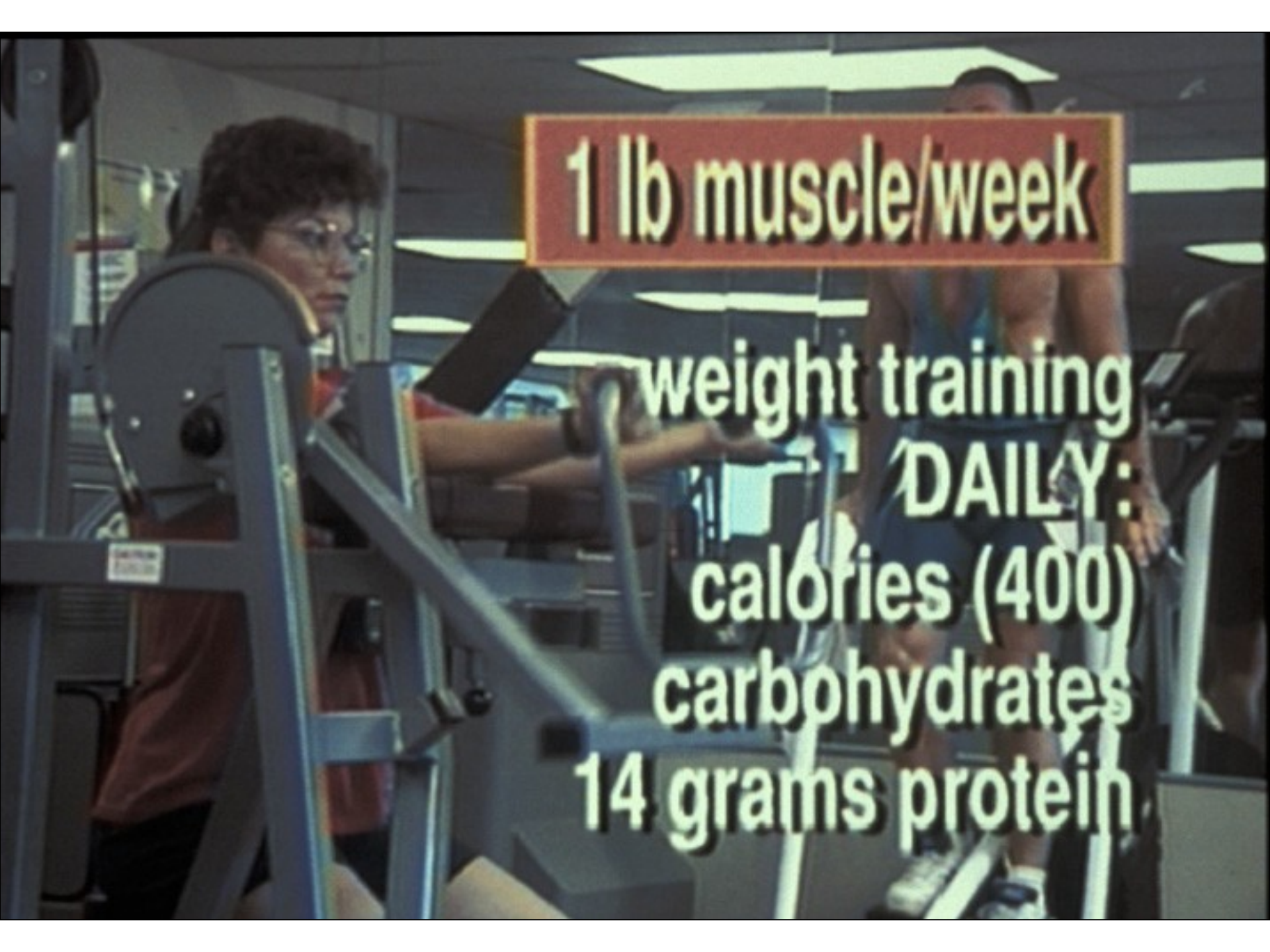
A close-up, slightly low-angle shot of a person's face, focusing on the nose and eyes. The person has dark hair and is looking downwards. The lighting is soft, highlighting the texture of the skin. Overlaid on the image are three text elements in a bold, yellow, sans-serif font with a dark drop shadow. The first element, 'amino acids alone', is enclosed in a thin orange rectangular border. The second element, 'do not:', is positioned below the first. The third element, 'reduce fat', is at the bottom left.

**amino acids alone**

**do not:**

**reduce fat**




A woman with short dark hair and glasses is working out on a piece of gym equipment, possibly a leg press or similar machine. She is wearing a red shirt. In the background, another person is visible on a treadmill. The scene is set in a gym with various pieces of equipment and bright lighting.

**1 lb muscle/week**

**weight training**  
**DAILY:**  
**calories (400)**  
**carbohydrates**  
**14 grams protein**

**PROTEIN =**

**2 oz. of meat  
or  
2 glasses of milk**

A man in a military uniform, specifically a U.S. Army camouflage shirt, stands in a dimly lit room, possibly a mess hall. He is holding a white tray with both hands. On the tray is a blue bowl filled with a brown, textured substance, likely a protein supplement. The background shows other people seated at tables, and the lighting is warm and somewhat low. The text "PROTEIN SUPPLEMENT" is overlaid on the bottom left of the image.


**PROTEIN SUPPLEMENT**



A man in a military uniform is holding a tray with two items. On the left is a blue bowl filled with chili, and on the right is a can of tuna. The background shows a dimly lit room with other people seated at tables.


**10 GRAMS**

**25 GRAMS**



10 GRAMS

25 GRAMS

A man in a military uniform is seated at a table in a dimly lit room. On the table are several food items: a bowl of brown cereal, a box of 'Quaker Oats BREAKFAST' cereal, a can of 'TUNA', a tall glass of milk, and a plate of food. Two labels are placed in front of the items: a brown label for the cereal and a green label for the milk.

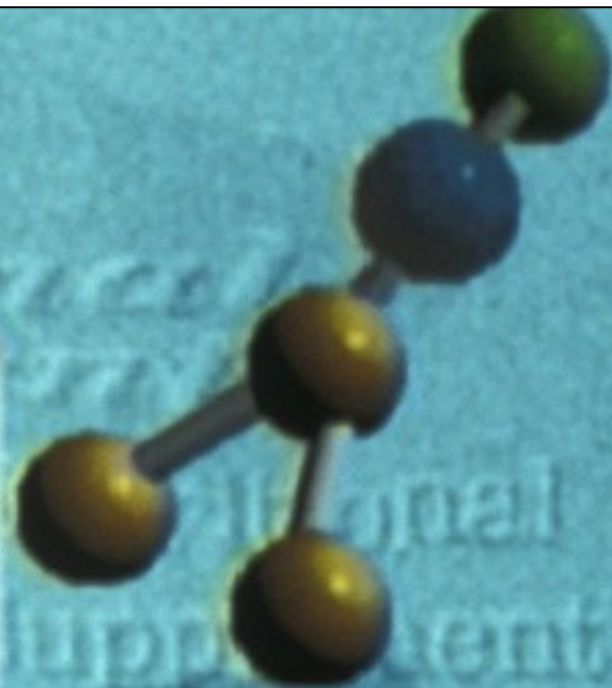
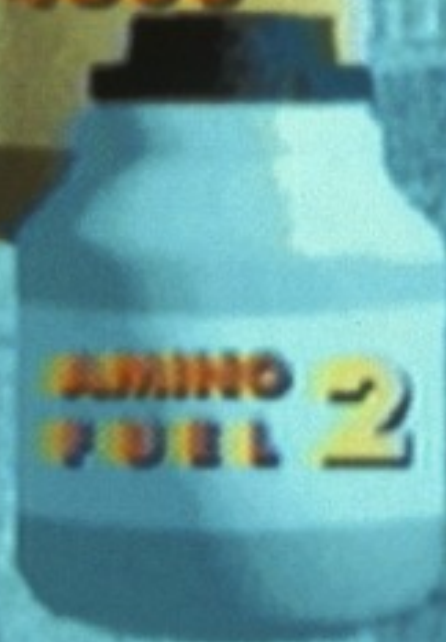
**10 GRAMS**

**16 GRAMS**

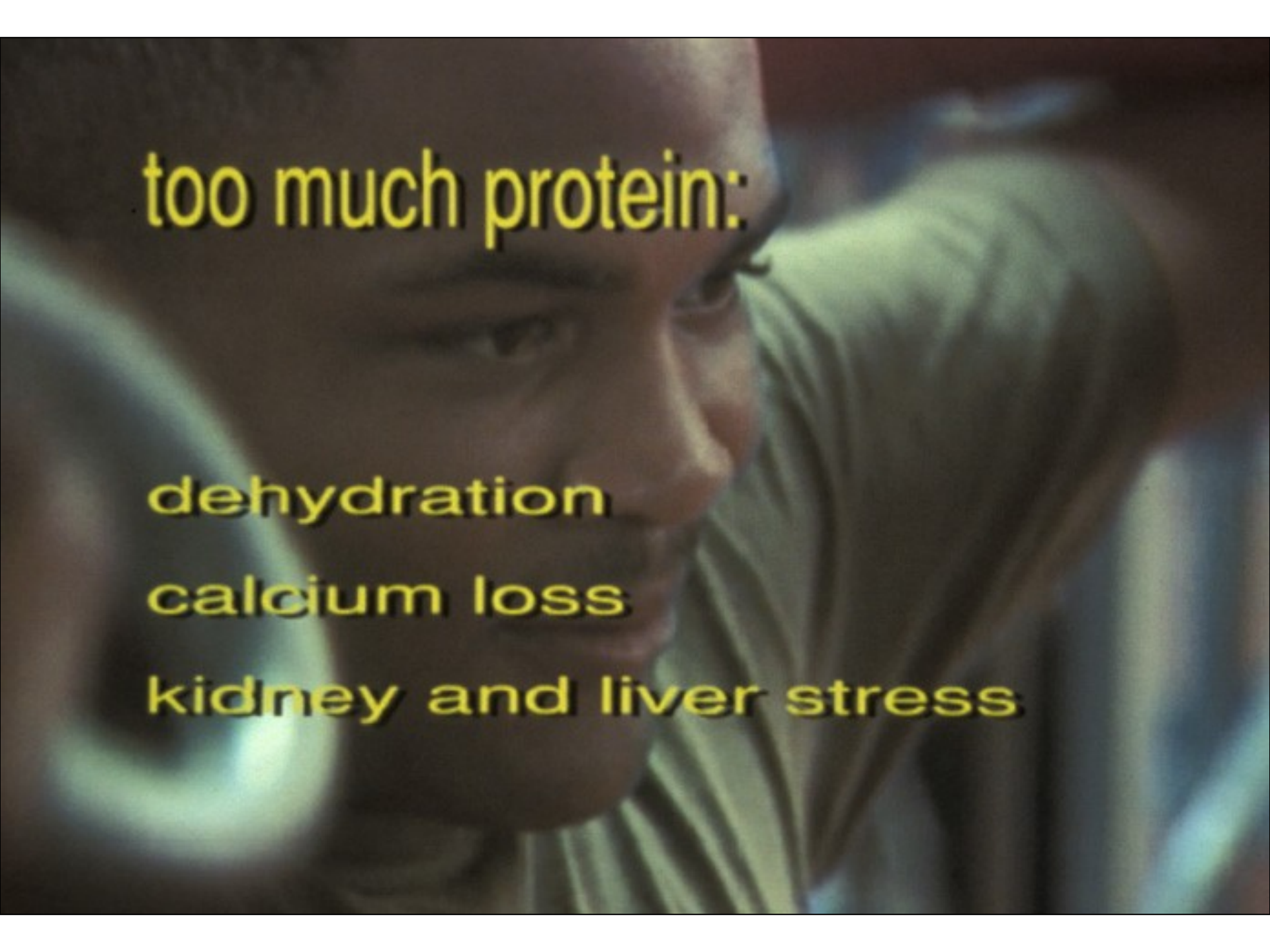


10 GRAMS

78 GRAMS







too much protein:

dehydration

calcium loss

kidney and liver stress

**WELL, OKAY, I'LL TAKE  
LOTS OF VITAMINS AND MINERALS  
THEN WE'LL SEE WHO'S BOSS!**









**protein**

**amino  
acid**

**fat**

**energy**

**amino  
acid**

**fat**

**energy**



